## Vista Grande Community Center

# Weight Room

### Total body fitness with world class views.

#### **Hours of Operation**

#### **Weight Room Fees**

Sundays: 8am—12pm Annual Pass: \$200 Mondays: 8am—8pm Adult Pass (18-49): \$25 for 20 workouts Tuesdays: 7am—8pm High School Pass: \$10 for 15 workouts

Wednesdays: 8am—8pm Senior Citizens (50+): Free Thursdays: 7am—8pm Veterans: Free

Fridays: 8am—8pm Bernalillo County, City of Albuquerque,
Saturdays: 10am—6pm EMHS, Village of Tijeras Employees: Free
Visitor Pass: \$2 (one workout)

# Group Classes

\*Please contact instructor for current class rates. Weight room fees do not apply.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ZUMBA	FLOW YOGA	ZUMBA	FLOW YOGA	ZUMBA	ZUMBA
Julie 480-0445	Marie-Aude	Julie 480-0445	Marie-Aude	Julie 480-0445	Marian
<u>9:15-10:15</u>	407-4020	<u>9:15-10:15</u>	407-4020	<u>9:15-10:15</u>	286-1702
STRENGTH	<u>9:00-10:00</u>	STRENGTH	9:00-10:00		<u>10:10-11:10</u>
TRAIN		<b>EXPRESS</b>		CYCLING/	
Becky 286-1440	THERAPEUTIC	Becky 286-1440		STRENGTH	
10:30-11:30	YOGA	10:30-11:00am	FIT AND 50/	Becky 286-1440	
	Marie-Aude	CARDIO	STRENGTH	10:30-11:30am	
TA'I CHI	407-4020	<b>EXPRESS</b>	Becky 286-1440		
СНІН	<u>10:30-11:30</u>	Becky 286-1440	<u>10:30-11:30</u>	Market No. of Lots	
Beverly		<u>10:30-11:00am</u>			
281-3515					
1:30pm-2:30pm					10
INDOOR					
CYCLING	KARATE		KARATE		
Becky 286-1440	John Swenson		John Swenson		
5:45pm-6:45pm	307-8212		307-8212		
	<b>5-7 yrs</b> 4:15-5pm	CYCLING/	<b>5-7 yrs</b> 4:15-5pm	Children workers	
ZUMBA	<b>8-12yrs</b> 5-5:45pm	STRENGTH			
Marian	0-14y18 3-3.43pm	Becky 286-1440	<b>8-12yrs</b> 5-5:45pm	2 34 2 3 1	Children Assessment
286-1702	Adult 6:30-	5:45pm-6:45pm	Adult 6:30-	25 7 10 2 2	
<u>6pm-7pm</u>	<u>7:50pm</u>	2.12pm 0.12pm	7:50pm		
				THE PROPERTY OF THE PARTY OF TH	

For Introduction to the Weight room classes (\$15 per person) or for personal training, please contact Becky Mac Gregor @ 286-1440.